***Prayers for the week***

**Collect**

Heavenly Father,   
your Son battled with the powers of darkness,   
and grew closer to you in the desert:   
help us to use these days to grow in wisdom and prayer   
that we may witness to your saving love   
in Jesus Christ our Lord.

C**ollect from the Book of Common Prayer**

O LORD, who for our sake didst fast forty days and forty nights: Give us grace to use such abstinence, that, our flesh being subdued to the Spirit, we may ever obey thy godly motions in righteousness and true holiness, to thy honour and glory, who livest and reignest with the Father and the Holy Ghost, one God, world without end. Amen.

**Post Communion Prayer**

Lord God,  
you have renewed us with the living bread from heaven;  
by it you nourish our faith,  
increase our hope,  
and strengthen our love:  
teach us always to hunger for him   
who is the true and living bread,   
and enable us to live by every word  
that proceeds from out of your mouth;   
through Jesus Christ our Lord.

**The Worldwide Church**

We pray for the Province de L'Eglise Anglicane Du Congo. The Most Revd Zacharie Masimango Katanda - Archbishop of the Congo & Bishop of Kindu.

**Parish Prayer**

God of Mission, who alone brings growth to your Church.  
Send your Holy Spirit to bring   
Vision to our planning, Wisdom to our actions, Faith to our lives, Hope to our community, and love to our hearts.  
Through Jesus Christ our Lord. Amen

***Renewing Hope: Pray, Serve, Grow***

**10th March 2019**

**THE FIRST SUNDAY**

**OF LENT**

**The Parish of the   
Woodford Valley with   
Archers Gate & Kings Gate**

***Vicar: The Rev’d Mike Perry 01722 782 310***

[***woodfordvicar@gmail.com***](mailto:mikepqc@me.com) ***Parish Administrator: Jocelyn Egan  
woodfordoffice@yahoo.com***

[**www.woodfordvalleyparish.org.uk**](http://www.woodfordvalleyparish.org.uk)

**www.facebook.com/woodfordvalleyarchersgate**

**Sunday 10th March THE FIRST SUNDAY OF LENT**

8.30am Holy Communion at All Saints, Middle Woodford  
10.00am Parish Communion at St Andrew, Great Durnford  
 *Readings: Duet 26. 1-11* *Luke 4. 1-13*

**Monday 11th March**

7.30pm *The Bible Course* starts at the Vicarage for Lent.

**Tuesday 12th March**

12 noon Lent Lunch at Avon Cottage, Lower Woodford SP4 6NQ. Hosted by Sheila Shepherd & the M.U.  
5.30pm Bell Ringing Practice at All Saints, Woodford

**Wednesday 13th March**

9.30am Holy Communion at All Saints, Middle Woodford  
6.00pm Compline at All Saints, Middle Woodford

**Saturday 16th March**

9.00am Morning Prayers at St Andrew, Great Durnford

**Sunday 17th March**

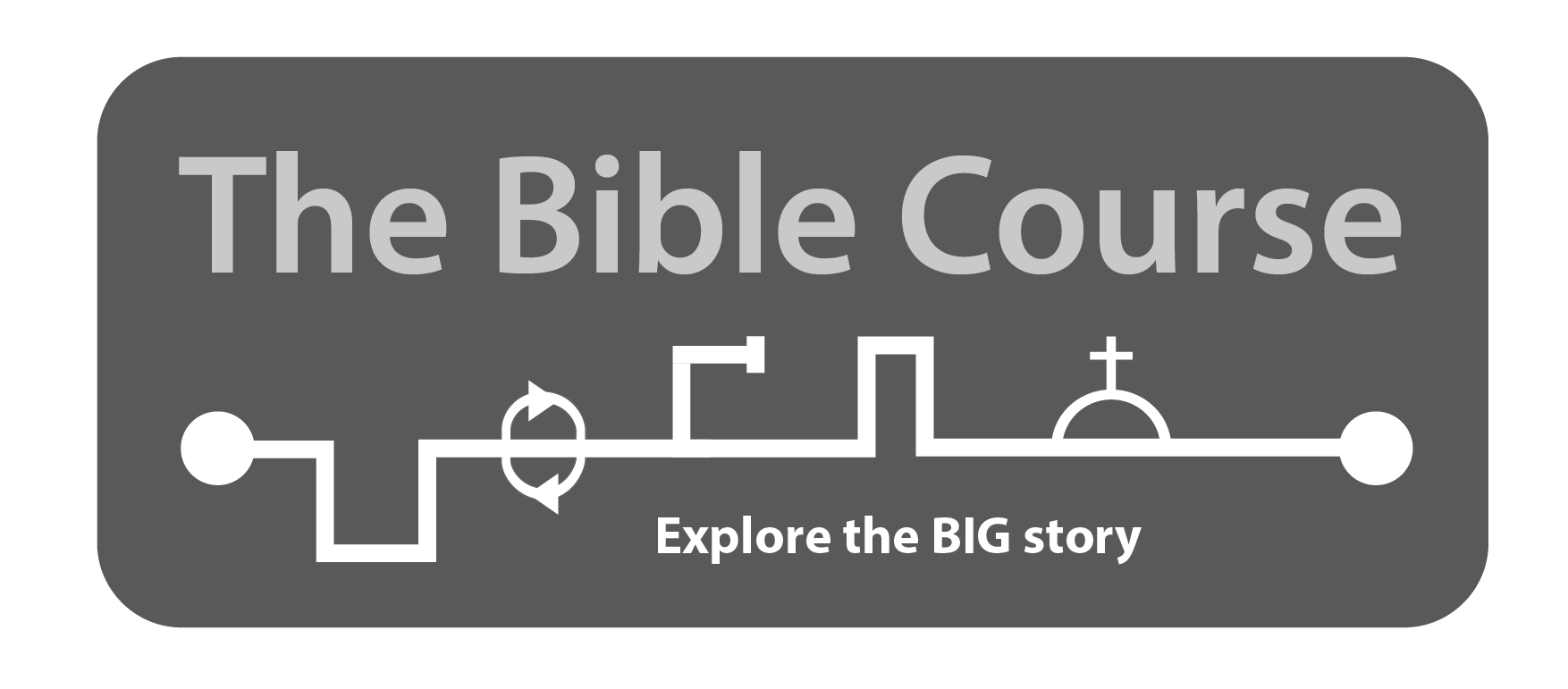
8.30am Holy Communion at St Michael’s, Wilsford  
10.00am Parish Communion at All Saints, Middle Woodford  
 *Readings: Gen 15. 1-12, 17-18 Luke 13. 31-end*  
6.00pm Evensong at St Andrew, Great Durnford  
 *Readings: Jer 22. 1-9, 13-17   
 Luke 14. 27-33 Ps 135. 1-14*

**Duet 26. 1-11**

When you have come into the land that the Lord your God is giving you as an inheritance to possess, and you possess it, and settle in it, 2you shall take some of the first of all the fruit of the ground, which you harvest from the land that the Lord your God is giving you, and you shall put it in a basket and go to the place that the Lord your God will choose as a dwelling for his name. 3You shall go to the priest who is in office at that time, and say to him, ‘Today I declare to the Lord your God that I have come into the land that the Lord swore to our ancestors to give us.’ 4When the priest takes the basket from your hand and sets it down before the altar of the Lord your God, 5you shall make this response before the Lord your God: ‘A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. 6When the Egyptians treated us harshly and afflicted us, by imposing hard labour on us, 7we cried to the Lord, the God of our ancestors; the Lord heard our voice and saw our affliction, our toil, and our oppression. 8The Lord brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; 9and he brought us into this place and gave us this land, a land flowing with milk and honey. 10So now I bring the first of the fruit of the ground that you, O Lord, have given me.’ You shall set it down before the Lord your God and bow down before the Lord your God. 11Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the Lord your God has given to you and to your house.

**----------------------------------------------------------------------------------------**

**Lent Study Course 2019**

****

Eight interactive sessions (each about an hour in length)

7.30pm at the Vicarage

March 11, 18, 25. April 1, 8, 15. May 6, 13

Everybody with any background welcome.

Ideally let Mike the Vicar know that you are coming   
but you are welcome just to come alon.

Manual (£5) available at the session

For more details see tinyurl.com/thebiblecourse

**Luke 4. 1-13**

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, 2where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. 3The devil said to him, ‘If you are the Son of God, command this stone to become a loaf of bread.’ 4Jesus answered him, ‘It is written, “One does not live by bread alone.”’

5Then the devil led him up and showed him in an instant all the kingdoms of the world. 6And the devil said to him, ‘To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. 7If you, then, will worship me, it will all be yours.’ 8Jesus answered him, ‘It is written,

“Worship the Lord your God,

and serve only him.”’

9Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, ‘If you are the Son of God, throw yourself down from here, 10for it is written,

“He will command his angels concerning you,

to protect you”,

11and

“On their hands they will bear you up,

so that you will not dash your foot against a stone.”’

12Jesus answered him, ‘It is said, “Do not put the Lord your God to the test.”’ 13When the devil had finished every test, he departed from him until an opportune time.

-----------------------------------------------------------------------------------

**LENT LUNCHES**

Simple Lent Lunches, soup, a roll and some cheese, will be held on Tuesdays throughout Lent from 12 noon. Rather than a charge, donations are invited for the MU who are providing the first lunch and thereafter for Alabaré who provide Christian care and support for homeless people, vulnerable young adults, homeless veterans and adults with learning disabilities.

Many thanks to those who have volunteered to be hosts:

12th March - Sheila Shepherd MU 2nd April - Celia Edwards

19th March - Susie Vivian 9th April - Lucinda Holbrook

26th March - Elizabeth Keatinge 16th April - Liz Acworth